

A modern living room with a white sofa, a wicker coffee table, and a large glass vase with greenery. The room is bright and minimalist, with a white wall and a large window with white curtains. A large green plant is in the background. The text is overlaid on the image.

Tips for Keeping You Home Clutter Free

Kathy Skinner

Did you know there is an intricate link
between our health and our
environment and visa versa?

It is so easy for things to build up and become clutter without our even realizing it until we go to clean. I always find it helpful to know why & how something affects me.

So, to help you get started in clearing out the clutter so you can clean, I'm giving you a few reasons to get started. To get details and affects of clutter go to my blog post -

Consequences of Clutter on Your Health

Need some help dealing clearing out the clutter?
Check out this blog post -

Key Strategies to Dealing with Your Clutter

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Keeping your home clutter-free can significantly improve your overall well-being and create a more peaceful living environment. Let's get started.

Here are 14 tips to help you achieve and maintain a clutter-free home:

Make an appointment with yourself for clutter maintenance. Yes, literally set an appointment. Set aside time regularly to go through your belongings and remove items you no longer need or use.

Adopt the 30 second rule. If a job takes around 30 seconds or less to do, do it immediately. This applies to putting away your shoes, sorting mail, and other small jobs.

Check your CLUTTER spots. Remember those piles that you just got rid of? Clutter tends to accumulate in the same places--the front door, the kitchen table--little by little each day. So, focus on the areas where you tend to leave clutter at the end of each day so they don't turn into big piles again.

One In, One Out Rule: For every new item you bring into your home, consider getting rid of one similar item. This helps prevent clutter from accumulating over time.

Designate Spaces for Everything: Assign specific places for all your belongings and make sure to return items to their designated spots after use. This reduces the likelihood of items being left out and creating clutter.

Put YOUR Things Away! Once you have "a place for everything and everything in its place," you're ready for this important companion rule - When you take something out, you should simply put it back.

Use Storage Solutions: Invest in storage solutions such as bins, baskets, shelves, and organizers to help keep items organized and easily accessible. Utilize vertical space whenever possible to maximize storage.

Take 15 Minutes a few times a day to clean. You can get a lot done in 15 minutes, and it doesn't impact your schedule too much to do so. Small, consistent efforts can help prevent clutter from building up and becoming overwhelming.

Practice Minimalism: Adopt a minimalist mindset by focusing on quality over quantity and only keeping items that serve a purpose or bring you joy. Avoid impulse purchases and be mindful of what you bring into your home.

Limit Paper Clutter: Go digital whenever possible to reduce paper clutter. Opt for electronic bills and statements, unsubscribe from unnecessary mailings, and scan important documents to declutter your space.

Streamline Your Wardrobe: Keep your clothing collection minimal by regularly purging items that no longer fit, are out of style, or don't align with your current lifestyle. Consider implementing a capsule wardrobe to simplify your choices.

Practice Mindful Consumption: Before making a purchase, ask yourself if the item is truly necessary and if it will add value to your life. Avoid impulse buys and be mindful of consumerism to prevent unnecessary clutter.

Get Everyone Involved: Encourage household members to participate in decluttering and maintaining a clutter-free home. Assign tasks and create a collaborative effort to keep your living space organized and enjoyable for everyone.

Have people over more often, and really enjoy your home. Live like you really appreciate your newly beautified haven, and you'll be automatically more likely to maintain it.
Would you like

I hope you got some value from this!

If you have any questions or you want to connect more, please click one of my links below.

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*Blessings for Health, Joy & Laughter,
Kathy*

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